

Fruit Parfait³⁵

Number of Servings: 35 (349.87 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---------------------------------------|
| 13 1/2 | lb | Yogurt, vanilla, nonfat, light, w/asp |
| 1.00 | gal | Strawberries, fresh, sliced |
| 1.00 | gal | Blueberries, unswtnd, fzn, pkg |
| 7.00 | cup | Cereal, granola, w/o raisins, low fat |
| 2.00 | cup | Nuts, almonds, slivered |

Nutrients per serving

| Nutrition Facts | | | |
|--|-----------|----------------------|-------------|
| Serving Size (350g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 270 | | Calories from Fat 45 | |
| | | % Daily Value* | |
| Total Fat 5g | | 8% | |
| Saturated Fat 0.5g | | 3% | |
| Trans Fat 0g | | | |
| Cholesterol 5mg | | 2% | |
| Sodium 160mg | | 7% | |
| Total Carbohydrate 49g | | 16% | |
| Dietary Fiber 6g | | 24% | |
| Sugars 28g | | | |
| Protein 9g | | | |
| Vitamin A 8% | | Vitamin C 80% | |
| Calcium 30% | | Iron 8% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| | | Calories: | 2,000 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Instructions

Layer yogurt and fruit alternately into clear glasses (looks nice in clear glass) and refrigerate. Just before serving add 3 T granola and 1 TBSP slivered almonds o the top of each serving.
1 serving = ~1 3/4 cup serving = 3 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.